

Abstract

Title: The impact of 3month exercise program of remedial physical education on selected parameters of the Senior Fitness Test.

Objectives: The main task of the thesis was to find out whether physical fitness of seniors, after the 3month exercise can be improved program of remedial physical education.

Methods: 16 women in the age of 60-82 years participated in the study. At the beginning and end of the program, they have been tested by following exercises of the Senior Fitness Test : 30- chair stand, Chair- sit- and reach, Back scratch, Foot and up go. Also, the test included standing on one leg. The exercise lessons were scheduled 1x for 12 weeks with the frequency once a week and contained elements of stretching, strengthening, coordinating exercise and relaxation.

Results: The result showed that the majority (75%) of the tested woman improved strength of lower extremities evaluated by 30 chair stand. For tests on flexibility, results were unequivocal. More than 80 % of women has improved considerably in the combined test Foot up and go. In the assessment of the balance improvement was seen in 56 % of women.

Keywords: Senior Fitness Test, seniors, fitness, old age